

Lincoln Sailors Help Kitsap Children

By MC3 (AW/SW) PATRICK M. BONAFEDE
Penny Press staff

Sailors from USS Abraham Lincoln (CVN 72) volunteered to help out the Kitsap Peninsula Toys for Tots program on December 11. Sailors spent their volunteer time wrapping gifts, setting up decorations and moving gift boxes and packages.

Marine Corps Maj. Bill Hendricks created the Toys for Tots in 1947. Since then, Toys for Tots has expanded nationwide to assist and give back to economically disadvantaged children.

Although it is still a U.S. Marine Corps program, it would not succeed without the help from local communities and volunteers.

"This year, for the Kitsap Peninsula, about 2,000 kids are expected to show up," said Harry Tachell, one of the region's coordinators. "Families find out about us through churches, newspapers and word of mouth."

Word of mouth worked, not only for the donations, but for finding volunteers.

"Once we heard from our Chief that they need volunteers for Toys for Tots, we thought it would be a great opportunity to help out those in need," said Machinery Repairman 2nd Class Ben Cerneus.

Cerneus wasn't alone in his desire to help, Hull Maintenance



Photo by MC3 (AW/SW) Patrick Bonafede

Machinery Repairmen 2nd Class Ben Cerneus and Hull Maintenance Technician 2nd Class Richard Hoyer wrap presents for the Kitsap Peninsula Toys for Tots program on December 11.

Technician 2nd Class Richard Hoyer also wanted to help in any way possible.

"I know how much it means for children to have gifts on Christmas," said Hoyer, a father of one. "I probably wasn't

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Staying Fit During the Winter Months

By MC3 (AW) M. JEREMIE YODER
Penny Press staff

The physical readiness test is an unwelcome occurrence, especially for those who can hardly finish the mile and a half in the required time. Yet, much like taxes, the PRT is one of the certainties in the Navy experience.

The Navy uses the PRT to gain and maintain the level of physical fitness nec-

essary to succeed.

For many Sailors it is difficult to muster the desire or discipline necessary to achieve the sort of physical goals to complete the PRT. To make matters worse, the normally balmy and clear weather of Everett, Wash., has turned damp, dark, and cold. The change in weather makes it difficult for many to train for the PRT, which is just around the corner.

The Navy has taken notice and offered

several concessions that may better fit the health and convenience of its sailors.

According to Chief Boatswain's Mate(SW/AW) Brian Cissell, the Navy has finally realized that Sailors in the fleet are striving to stay in shape, and are often unable to do so. With that in mind, Cissell said the Navy will offer the next PRT on the elliptical machine.

"It (the test) will be a calorie count,"

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Local Stories

Eragon Book Makes More Sense than Movie

By MC2(SW) DAN CLEARY
Penny Press staff

Hello moviegoers! This week's movie is the action fantasy "Eragon" starring Jeremy Irons (*Casanova*), John Malkovich (*Art School Confidential*), Djimon Hounsou (*Blood Diamond*) and directed by Stefan Fangmeier (*Galaxy Quest*).

Our story follows the young farmer, Eragon. His life is filled with hunting and boyish shenanigans, but all that changes when he finds a polished, blue stone in the forest.

At first, he thinks it's a lucky discovery; something that will bring meat to his poor family for the winter. That is until the stone hatches and a baby dragon emerges. Little does our hero know that the egg belonged to the evil King Galbatorix (*John Malkovich*) who will stop at nothing to kill the young Eragon and his new found dragon.

Wanting to know more about his new dragon, Eragon asks Brom (*Jeremy Irons*), an old soldier who hates the king. Brom tells him that's he's the next Dragon Rider, an elite chosen by dragons to fight and fly with them. Brom and Eragon quickly search out the rebels who are against the evil king's rule.

Learning of their plan, King Galbatorix sends his army to crush the rebels and Eragon before hope can settle in. Will Eragon be up for the challenge? There's only one way to find out, and that's not to see this movie. If you want to find out what happens to Eragon, read the book. The movie will do you no justice.

It is very easy to tell the movie was based on a book. Everything

happens very fast and there are a lot of coincidences. Almost every aspect of this movie is rushed including the story, character development, and action scenes. There was so much more going on in the story than the movie was showing.

If you haven't read the book the movie is only semi-stupid. If you have read the book, then steer clear of this movie. You will only be disappointed.

Now we got all the bad points out of the way, we can get to the good ones. The movie is great visually. Usually when a movie calls for a dragon it either looks terrible, or it looks awesome but you barely get to see it.

In "Eragon," the dragon gets about the same amount of screen time as the actors. The battle scenes are few and far between, but also visually impressive.

Bottom line is if you have kids and/or haven't read the book, the movie isn't a total waste of time. Other than that, I'd wait for this to come out on DVD.



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Dec. 18, 1965

The River Patrol Force is established in Vietnam.

News

Shipyard Team Keeps Lincoln Ahead of Schedule

FROM PSNS PAO
Special to Penny Press

Puget Sound Naval Shipyard and Intermediate Maintenance Facility (PSNS & IMF) has cut the time of ship tank maintenance by more than half. As a result, USS Abraham Lincoln (CVN 72) has left the dry dock ahead of schedule and under budget.

Partnering with Ship's Force and the Lincoln Project Team, the Tank Value Stream Team accomplished the lofty goal. Through the Lean Continuous Improvement process, the industry standard planning schedule of completing six tanks in 14.5 weeks was kicked to 18 tanks in 89 days.

"Value Streams are main branches of maintenance work that have been identified individually for process improvement through Lean technology," explains Mark Winkler, the team leader. "The goal is to provide improved products and cost performance to the customer. Tank main-

tenance is one such value stream."

USS Abraham Lincoln's Commanding Officer, Capt. C. A. McCawley, and the ship's crew turned out to congratulate the Tank Value Stream Team on their success at a recognition ceremony in Hangar Bay 2 onboard the ship.

"I want to thank you on behalf of Abraham Lincoln and congratulate you on your accomplishment," said McCawley. "This really is significant. I'd like to offer you a ship's perspective on what you've done for Abraham Lincoln. You have inspired the crew through your dedication and staying on schedule while overcoming every challenge. You have also added to the quality of life of the crew and increased the material readiness of the ship."

"Those successes are as much yours as the crew who has been deployed," McCawley told the hundreds of people assembled. "You have produced the material readiness and capability that Abraham Lincoln possesses. Your victory here today is Abraham Lincoln's success

tomorrow."

Capt. Dan Peters, Commander, Puget Sound Naval Shipyard & Intermediate Maintenance Facility, expressed his pride in the remarkable achievements.

"I'm proud to stand before you and express my appreciation for what this team has accomplished," he stated. "Members of the Tank Value Stream made a commitment to tackle this extraordinary task of significantly reducing cost and schedule with top shelf enthusiasm and professionalism. You rose to the challenge and far exceeded expectations."

"It's not possible to have this kind of success without teamwork," Peters continued. "You, Ship's Force, the project team, and our maintenance partners together make these significant improvements possible."

"What you succeeded in accomplishing has just raised the bar for the rest of the maintenance world," he concluded, speaking at the end of the ceremony.

FIT

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said Cissell. "You will have 12 minutes on the machine, and then they will take however many calories you burned in that time and compare it to a sheet that gives a corresponding run time that is synonymous to the number of calories you burned."

He also said that the PRT should soon be available on the bicycle as well, and would likely be scored similarly to the elliptical machine.

With these changes in mind, the Everett Base Fitness Center and the Naval Base Kitsap, Bremerton Fitness Center have paired with the Lincoln to offer Sailors all the help they might desire. This includes a personal and customizable fitness plan that takes into account the limitations of their busy schedules. The gyms also offer many classes that are available during and after working hours.

The barge has a gym on the 03 level, and while it doesn't have all the fancy new machines the fitness centers have, it does have several bicycles, elliptical machines, and basic weights.

The winter and the holidays are a difficult time to stay in shape, but with the help of gyms and some restraint, they can come and go without several new pounds.

For more information, Naval Base Kitsap Bremerton, Bremerton Fitness Center can be reached at 360-476-7026 or Naval Station Everett, Fitness Center can be reached at 425-304-3922.

USS ABRAHAM LINCOLN CVN 72
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News



Photo by MCSN Justin Blake

Capt. C.A. McCawley and MC2 Eli Medellin salute during the National Anthem sung by Ksenia Popova during the benefit Christmas show for Volunteers of America.

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TOYS

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supposed to see what is inside any of the packages, but having to re-wrap them, I kind of accidentally saw what was inside some of them. I know that the kids will be excited and happy with what they will be getting."

"We usually start collecting toys the day after Thanksgiving," said Tachell. "The

Marines from SWIFTPAC command were allotted \$6,000 to spend on toys. They used all of the money and bought all of the toys in one morning. The rest of the toys we received from donations at local malls."

After the donations have been gathered and separated based on their price range, they are distributed to the children.

"Toys are grouped into packages, which

on average are worth between \$20 and \$25," he said. "This year we have about 2,500 packages and all the extra packages will be distributed to local churches."

This year, Marines and Sailors handed out gifts on December 16.

"It is a sight to see," said Tachell. "To see the huge smile on every kid's face."

MWR

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From all of us at Naval Base Kitsap Bowling Centers, we would like to wish you a

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 +  = 

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MILITARY APPRECIATION

DEC. 23

TICKETS ON SALE

ON DEC. 20 IN MWR OFFICE

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Last Words



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by LCDR John Filostrat

Spouses of Abraham Lincoln Officers (SOALO) held its Christmas party at the Smokey Point Chapel on Dec. 16th. Santa Claus paid a visit to the children to hand out presents and candy.

Editor's Top 10

Think you might get a lump of coal in your Christmas stocking? This could be why ...

10. You failed a spot check with Santa.
9. You commandeered Santa's sleigh after having too much egg nog.
8. You fed the reindeer mexican food.
7. You got a reindeer hunting license this year.
6. You bought Santa a membership to Gold's Gym.
5. You left Santa tofu cookies last Christmas.
4. You forgot to turn off the silent alarm last year.
3. Voted for Emitt Smith to win Dancing with the Stars
2. Had inappropriate realtions with an elf.
1. Took Mrs. Claus home after the Christmas Party.



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VS. BOSTON	SUNDAY DEC. 31	7PM
VS. NEW YORK	FRIDAY JAN. 5	7:30PM
VS. MIAMI	WEDNESDAY JAN. 10	7PM
VS. UTAH	FRIDAY JAN. 12	7:30PM
VS. CLEVELAND	TUESDAY JAN. 16	7PM
VS. MILWAUKEE	FRIDAY JAN. 19	7:30PM
VS. DENVER	TUESDAY JAN. 23	7PM
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